



APD NEWS

Public Information Office: (512) 974-5017

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FOR IMMEDIATE RELEASE

October 6, 2010

Contact: Public Information Office, 974-5017

APD Field Training Officers to undergo combat breathing training

Date: October 7, 2010

Time: 1:30 p.m.

Location: 4800 Shaw Lane, Austin Police Training Academy

Narrative:

On Thursday, October 7, 2010 Gene Smithson will introduce combat breathing to Field Training Officers at the Austin Police Department Training Academy. Gene has been practicing martial arts for over 34 years and trains in personal combatives using Systema, a Russian martial art.

Systema is a complete set of concepts and training components that enhance one's life. The key principle of the Russian Systema is non-destruction. The goal is to make sure that your training and your attitude does not damage the body or the psyche of you or your partners. Systema is designed to create, build and strengthen your body, your psyche, your family, and your country.

The media is invited to attend from 1:30 p.m. – 2:00p.m. Gene Smithson will be available for interviews. For more information visit www.austinsystema.com.

The point of contact will be Senior Police Officer Amanda Lewis, 512-974-4451.

Media: Please call APD PIO at 512-974-5017 and advise if you plan to attend.

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